

# Karolyn Blume Releases "Eat The Elephant: Overcoming Overwhelm" On Kindle And Paperback

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Attorney, consultant, and now author Karolyn Blume shares her latest book on time management titled "Eat the Elephant: Overcoming Overwhelm". The book is available on Amazon.com and comes in paperback and Kindle formats.

Karolyn Blume is an expert problem-solver and gifted strategist. She penned the book in order to share her knowledge gathered through her experience as a coach and consultant. Having practiced law and currently a member of the Penn State University, Blume is a credible source for effective time management. She mixes her insights with a dash of light humor in her book. "Karolyn is a master problem-solver," her editor stated. "Eat the Elephant' combines solutions with creative storytelling in order to achieve a guaranteed way for an individual to eliminate the stress that comes with a burying to-do list."

"Eat the Elephant: Overcoming Overwhelm" is a book for individuals who live hectic, fast-paced lives. In the book, Blume shares her time-tested tools for removing perfectionism and overwhelm, the first step to living a healthier, happier life. "It can be overwhelming, being buried under a million of things to do," Blume stated in a recent book reading. "I want my readers to effectively control their time and make it theirs. The book's main goal is for its readers to have a renewed confidence in their ability to cope with the demands of their busy lives, as well as to master them."

Readers of "Eat the Elephant" have shared their positive experiences and results after reading the book in the author's Facebook group at <https://www.facebook.com/groups/933312053380557/>. Reviews for the book have been consistently high, having garnered a rating of 4.9 stars out of 5 on its Amazon page. Amazon customer Lana Nelson wrote: "This is the first self-help book that I have wanted to read from cover to cover." She added, "Karolyn's engaging wry wit rings out 'Eat the Elephant.' As a very busy professional, I find Karolyn's advice easy, quick to implement, and DO."

Blume's "Eat the Elephant: Overcoming Overwhelm" is currently available on Amazon.com. Currently, the website is offering the book on Kindle for free to Amazon Prime subscribers.

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For more information about Karolyn Blume, contact the company here: Karolyn Blume Lynn  
Jordan 5035511876 lcjordan@gmail.com P.O. Box 101625 Arlington, VA 22210

## **Karolyn Blume**

*Karolyn is a known and respected international speaker, consultant, coach, facilitator, mentor and teacher, whose presentations are filled with valuable information and engaging humor. She is an expert problem solver and gifted strategist.*

Website: <http://karolynblume.com/>

Email: [lcjordan@gmail.com](mailto:lcjordan@gmail.com)

Phone: 5035511876